Bad Week or Bad Fit?

A 10-Question Check-In



Instructions:

Read each statement and circle the number that fits best.

0 = Rarely 1 = Sometimes 2 = Often

1.	I feel a sense of dread on Sunday evenings about the week ahead.	**0**	**1**	**2**
2.	Even after time off, I come back just as drained as before.	**0**	**1**	**2**
3.	I'm good at my job, but it doesn't feel like me anymore.	**0**	**1**	**2**
4.	I catch myself asking, "Why can't I just be happy with what I have?"	**0**	**1**	**2**
5.	I daydream about quitting, or about a completely different life.	**0**	**1**	**2**
6.	Work leaves little time or energy for the people and things I love.	**0**	**1**	**2**
7.	I've stopped imagining what's next for me.	**0**	**1**	**2**
8.	I keep saying "someday" about things that matter to me.	**0**	**1**	**2**
9.	I feel guilty for wanting more when things look fine on paper.	**0**	**1**	**2**
10.	If nothing changed in the next year, I'd be disappointed.	**0**	**1**	**2**

My total score: _____ / 20

What Your Score Means

0-6: It's a Bad Week

You're in a rough patch, not the wrong life. Rest, reset, and do one small thing this week that's just for you.

7-I3: Something's Shifting

These feelings aren't a fluke. They're worth paying attention to before they become your normal.

I4-20: It's a Bad Fit

It's not just a bad week. You're allowed to want more, and you don't have to figure out what's next alone.

What's one thing you've told yourself is for 'other people'?

There are no 'other people.'
Ready to talk about what's next?
Book your free discovery call at
www.imaginethatcoaching.com

— Sarah Haberland
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